

~ *Rabindranath Tagore* ~

A portrait of a middle-aged man with short, graying hair and glasses, smiling at the camera. He is wearing a white polo shirt and is seated at a desk with a dark laptop in front of him. The background is a plain, light-colored wall.

Kapila Wewegama

When you join the conference call, the line will be on silent mode until we begin the call at 2 PM ET – Thanks!

Session Opportunities:

During this session, we will have the opportunity to:

1. Examine stress inducing factors and their impact

2. Identify ways to prevent stress creating factors

3. Discuss strategies to minimize and manage stress

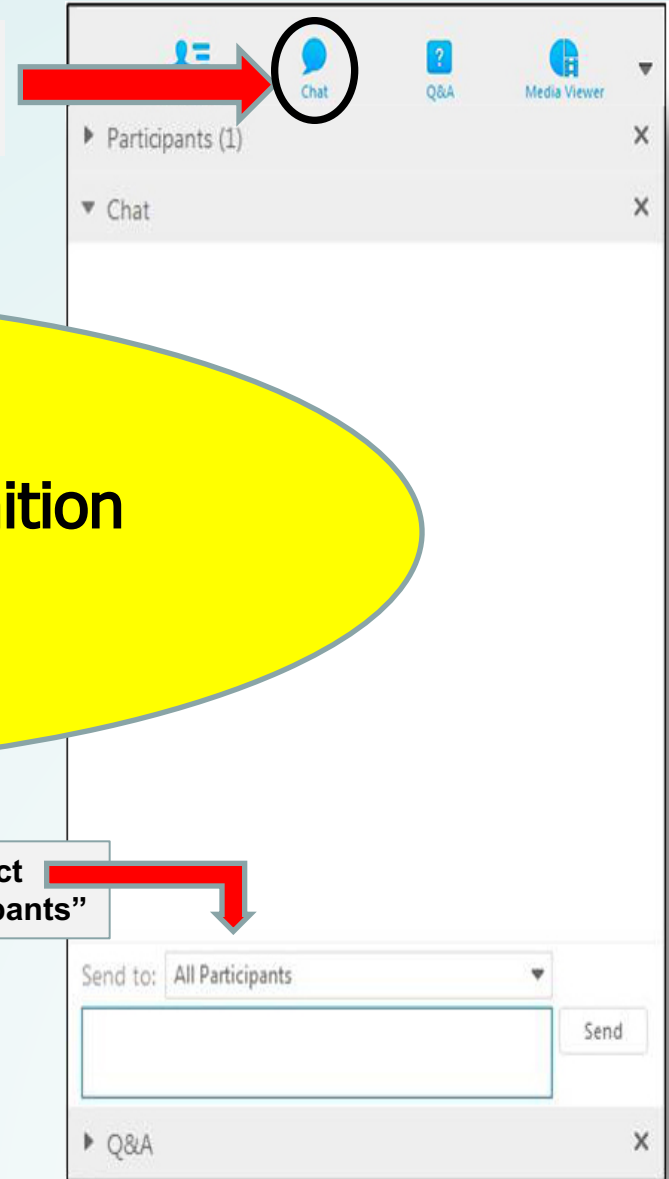




What is Stress?

What's Stress?

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if you don't see
the chat panel.*



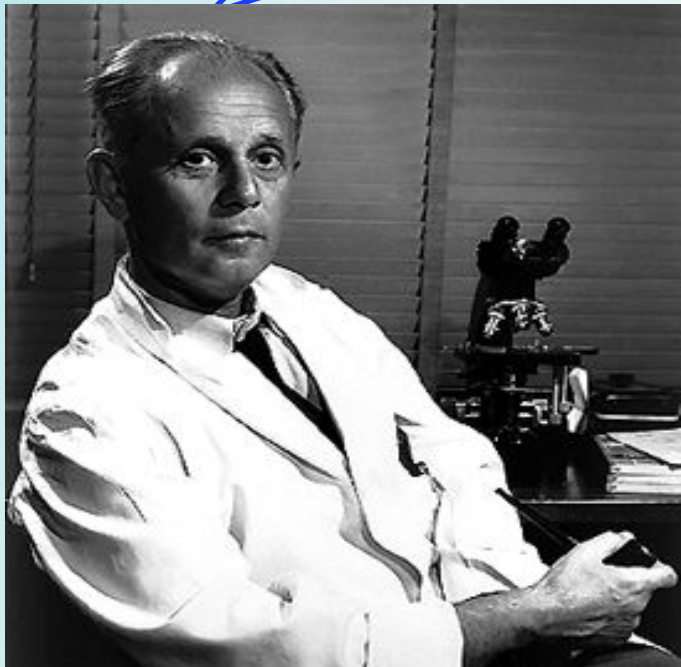
Please share **what's your definition
of stress** via Chat.

**Please select
"All Participants"**

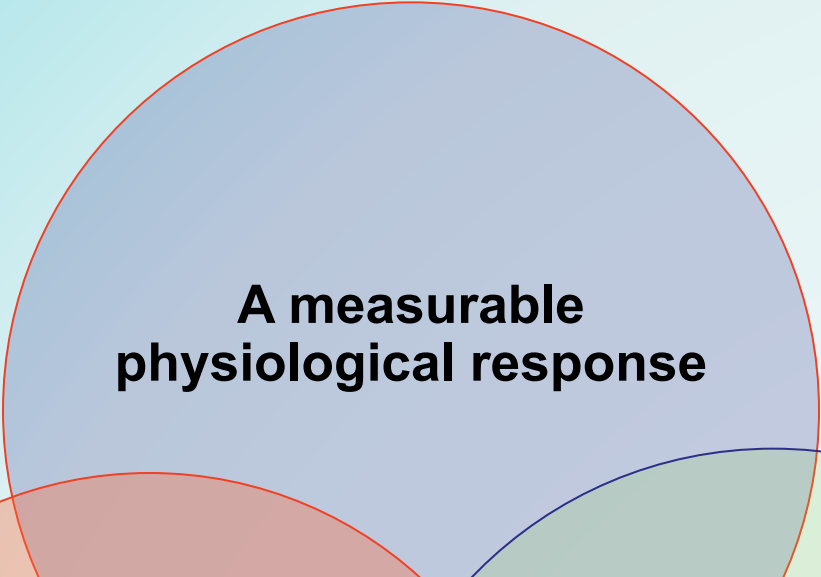
stress (noun)

a state of mental or emotional strain; difficulties that cause worry or emotional tension

***The non-specific response of
the body to any demand***



Hans Selye





Stress has a subjective nature

Types of Stress



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graph TD; A[Types of Stress] --> B[Eustress]; A --> C[Distress]
```

Eustress

Distress

2 Roles

Hero



Villain



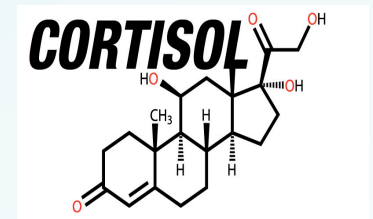
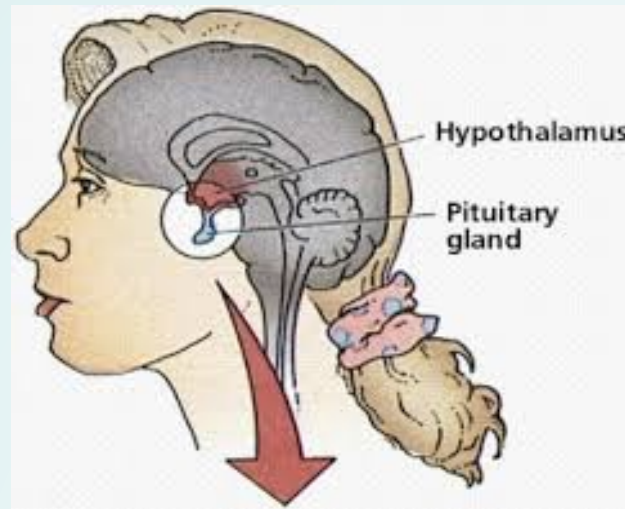


Three Factors turning Stress into a Villain



- ❶ The severity of the stress
- ❷ Length of exposure
- ❸ Body's ability handle the stress

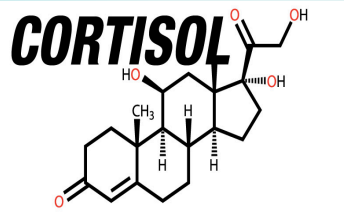
Stress triggers 2 Key Hormones





Our own survival as the human race depended on FFR

Stress Raises Cortisol





THE MILLION DOLLAR QUESTION

How could those same hormones produced during FFR encounters many centuries ago which allowed the survival of humans seem to hurt us today?

Million years ago...

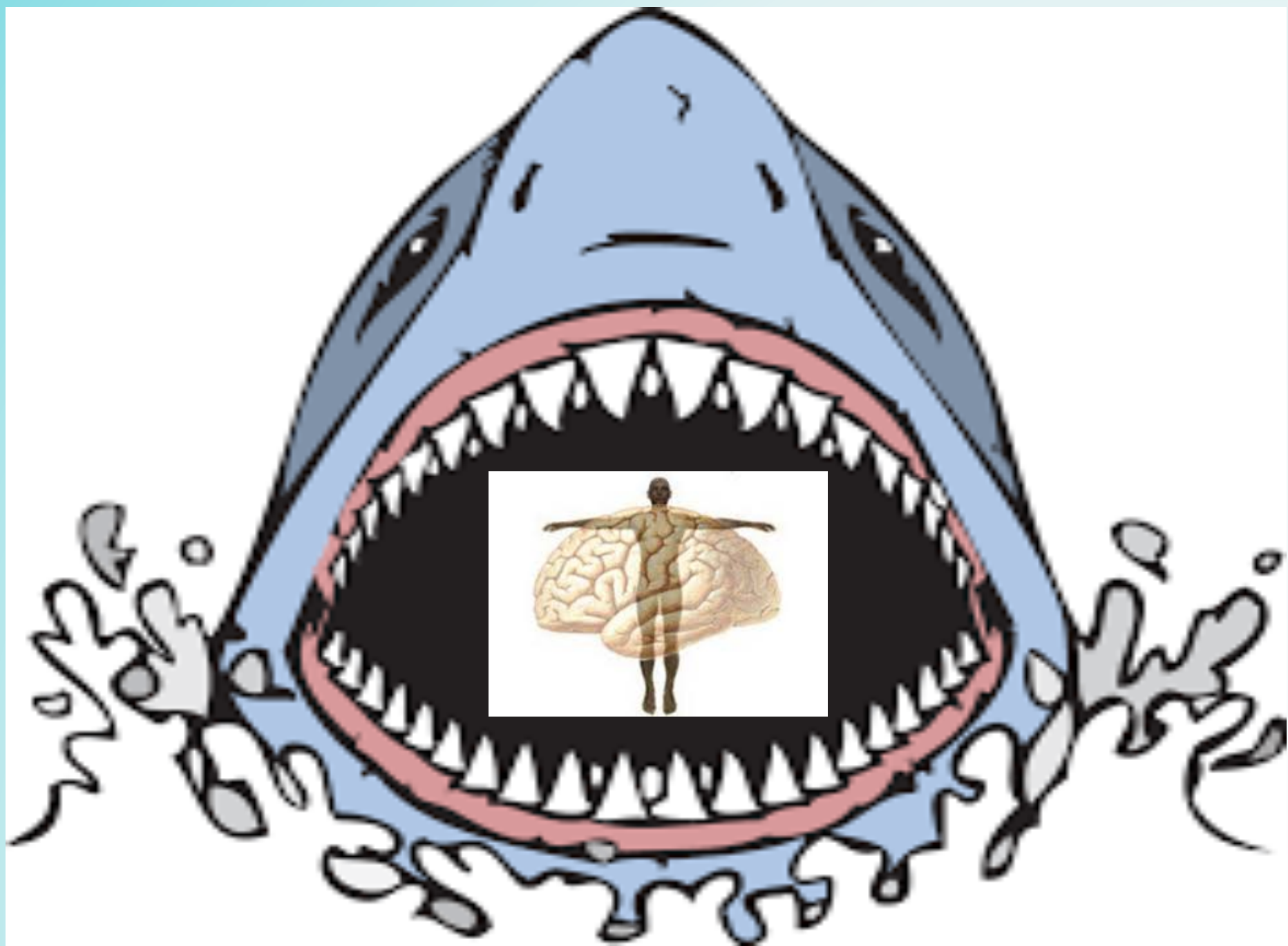


- Brief encounters
- Excess supplies burned

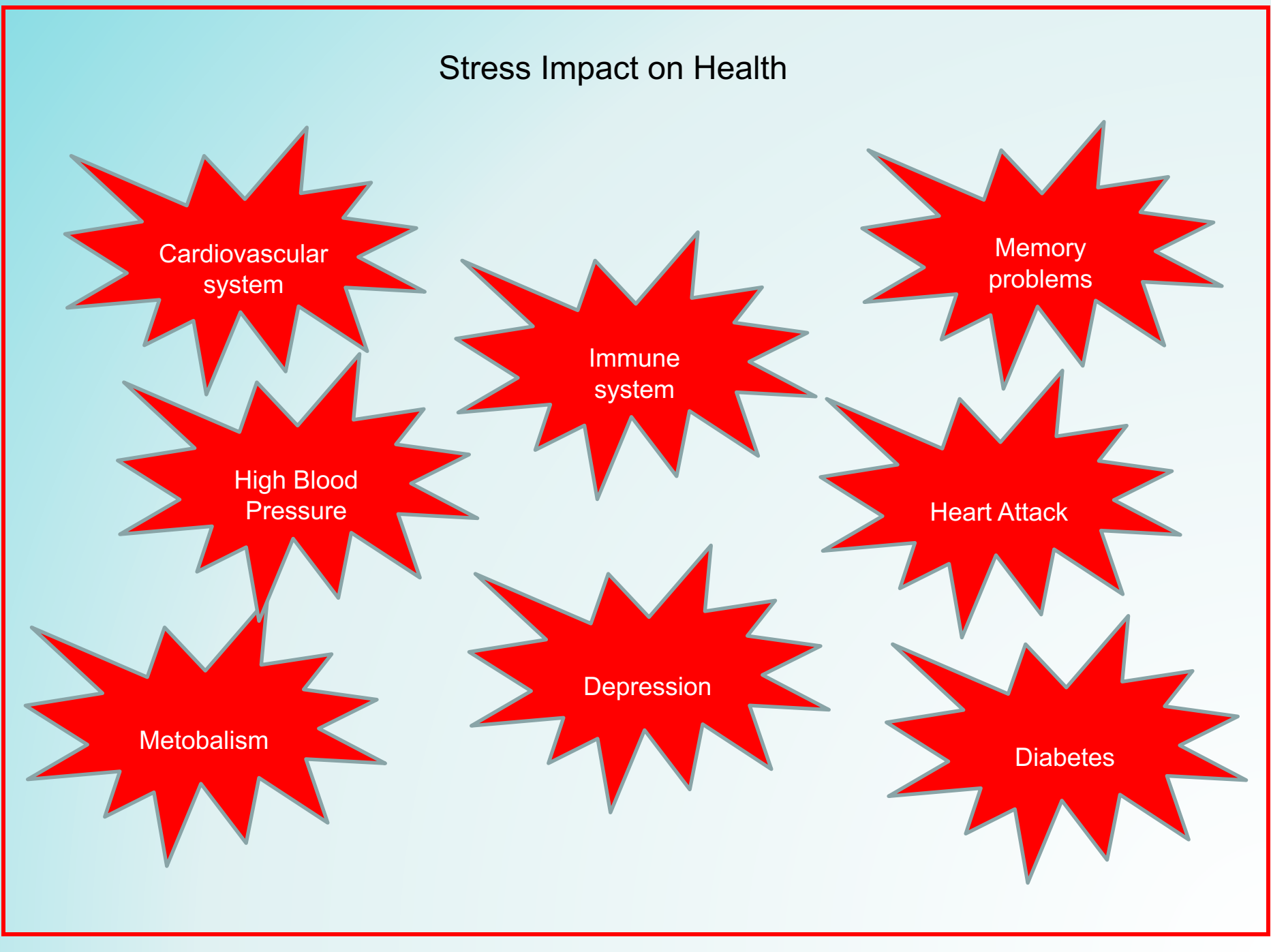
Today...



- Lasts for longer (hours, days, weeks, months)
- Surplus of unused supplies



Stress Impact on Health



Cardiovascular
system

Memory
problems

Immune
system

High Blood
Pressure

Heart Attack

Metabolism

Depression

Diabetes

Stress Related Facts



1 million people



\$300 billion



The average time off – 20 days





Factors that make Workplace Productive or Stressful

**The type of
Stress**

**Stimulation
& Boredom**

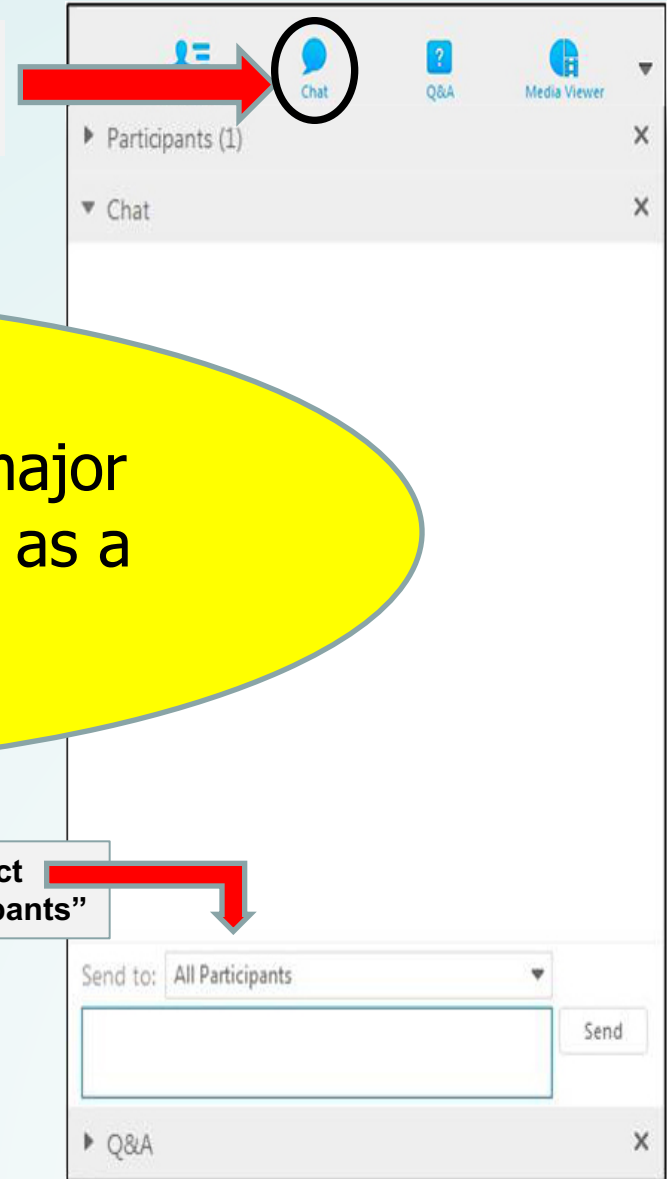
**Home Life
Situation**



What are my Stressors?

Self Reflections

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if you don't see
the chat panel.*



The screenshot shows a Zoom interface. At the top, there are icons for Participants, Chat, Q&A, and Media Viewer. The Chat icon is circled in black, and a red arrow points to it from the text box above. Below the icons, the Chat panel is expanded, showing a list of participants and a chat area. At the bottom of the Chat panel, there is a dropdown menu labeled "Send to:" with "All Participants" selected. A red arrow points to this dropdown from the text box below. Below the dropdown is a text input field and a "Send" button. At the bottom of the interface, there is a "Q&A" panel.

What are three work-related major stress inducing factors for you as a VISTA Leader?

**Please select
"All Participants"**



What can I do to prevent Stress?





Self- Awareness



Triggers



Personality Type



Work ethics/styles

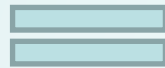
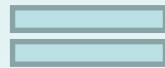
How can I minimize/manage stress?



1. Recognizing Burnout Signs

- Easily tired
- Less productive
- Increased cynicism
- Forgetfulness
- Physical complaints
- Easily irritable
- Frequent feeling of sadness
- Unable to laugh at oneself
- Social withdrawal

2. Adapting Healthy Stress Management Techniques



3. Daniel Goleman's “Windows of Opportunities”

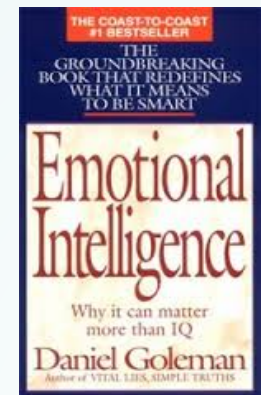
1. Change our circumstances

2. Change our perspective

3. Change our response to our circumstances



Daniel Jay Goleman
Author, psychologist, and
science journalist



4. Acting Mindfully

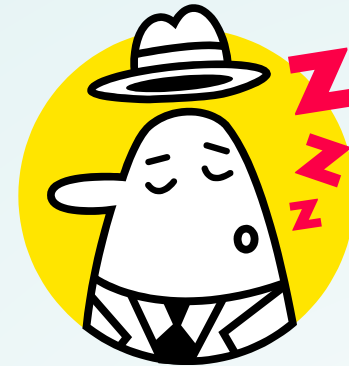
Mindful Response =

1. **Pause,**
2. **Relax**
3. **Think &**
4. **Response**

5. Managing Workload

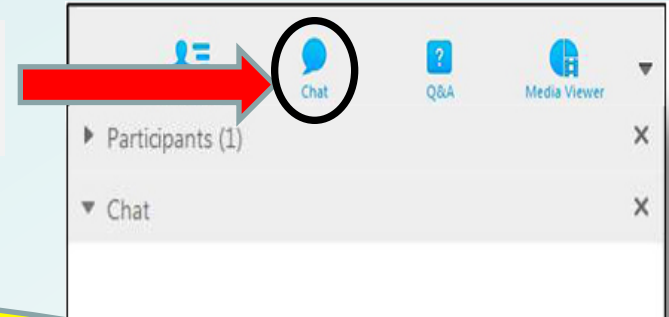
- ☐ . Saying “NO” when necessary
- ☐ . Learning to delegate when appropriate
- ☐ . Setting realistic work expectations for yourself and with others
- ☐ . Willingness to accept work-related failures/setbacks and embrace them as opportunities for growth

6. Engaging in Regular Body & Brain Exercise



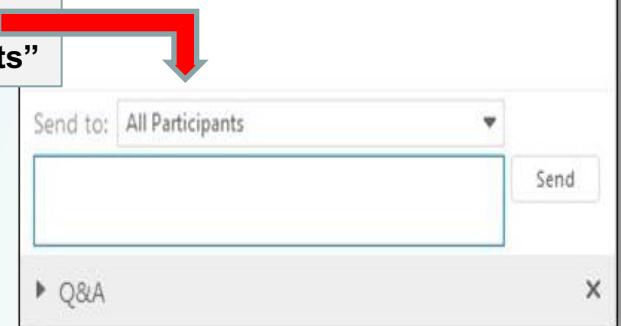
Effective Practices

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What are other stress management strategies we can use as VISTA Leaders to prevent/manage/minimize stress?

**Please select
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THANK YOU

Thank you so much for your participation in

Leader's Approach to Stress Management



Webinar!

PLEASE COMPLETE THE SURVEY!